

Gear Issued to EMFK Sailors En-route:

Item	UI	Turn-in instructions	Qty Iss
Bag Duffle	EA	Empty & Fold	2
Outer Tactical Vest	EA	Remove all Attachments and Inserts	1
Body Armor Plates	EA	Remove from IBA Vest (OTV)	2
Body Armor , Groin	EA	Detach from IBA Vest (OTV)	1
Body Armor, Neck	EA	Detach from IBA Vest (OTV)	1
Body Armor, Yolk	EA	Detach from IBA Vest (OTV)	1
Body Armor, Side Plates	EA	Detach from IBA Vest (OTV)	2
Canteen Cover (1 QT)	EA	Remove Canteens (TAN)	2
Canteen (2 QT)	EA	Remove from canteen cover	2
Advance Combat Helmet	ST	Remove straps, cushions, and cover	1
Mask & Cover, CBR	EA	Leave in pouch	1
MOPP Gear (Backpack)	EA	Leave MOPP Gear in backpack	1
Gloves, Winter Nomex	PR	Pair up	1
Goggles (SWD)	ST	Open & Inspect for contrabands	1
Gortex – Top	EA	Empty pockets & fold	1
Gortex Parka/Trouser	EA	Empty pockets & fold	1
DCU top	EA	Empty pockets & fold	4
DCU trousers	EA	Empty pockets & fold	4
DCU Cover	EA	Wash	2
DCU Boonie Hat	EA	Wash	1
Socks	PR	Wash	6
Boots	PR	Pair Up	2

Additional items you may want to pack for your deployment to EMFK:

Item	Qty Req.
Twin bed sheets	1
Blanket	1
Pillow	1
Navy PT uniforms (required)	2
Personal toiletry items	-
Headphones and computer for Skyping	1
Alarm clock	1
Pad Locks	2
Civilian Clothes	3 sets*
Closed Toe Shoes	1
Running Shoes	1
Shower Shoes	1
Swimsuit	1

* 2 casual sets of clothing, plus slacks and a collared shirt

Rules to keep in mind when packing:

1. No wet, soiled clothing, flip-flops, shower shoes, or head -gear in the Dining Facility.
2. Dresses, skirts, or shorts must reach below the midpoint of the thigh, unless you are working out or at the pool.
3. No two piece swimsuits or speedos allowed at the pool.
4. No sleeveless tops or tanks to be worn anywhere.